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3 SOME NUTRITION FACTS EVERY 4-H CLUB MEMBER SHOULD LEARN.

Miriam Birdseye, Extension Nutritionist.

1. While certain health defects can be revealed only by thorough physical examinations, there are important outward signs of good growth and good nutrition in boys and girls of club age which every club member should learn to recognize. These points are suggested in the attached page, called "Some Outward Signs of a Well-Developed Body."

2. Heredity plays an important part in determining such physical characteristics as color and texture of the skin and hair; body size and proportions; and many others.

3. Food, care and protection from disease throughout life determine how the individual will develop within his "hereditary frame."

4. During prenatal life, infancy and the preschool years, however, the quality and shape of the growing bones and teeth are profoundly influenced by food and care. Rickets, which may be caused by lack of calcium and phosphorus, lack of vitamin D, or lack of sunshine, interrupts the orderly growth of bone, and may result in tooth defects, in misshapen chests and limbs, enlarged joints, or a contracted pelvis. Serious illnesses, especially fevers, interrupt the natural building processes and sometimes result in tooth defects.

5. Generally speaking, boys and girls who show normal or better-than-average growth during these early periods show rapid mental development as well, and good teamwork or coordination between muscles and nerves.

6. Between the ages of 11 and 15 or 16, the period called "adolescence", boys and girls have a second period of rapid growth, in which the food and health habits are profoundly important. Good growth during club years tends to minimize certain early bone defects and makes for proper working of the body.

7. Good growth during adolescence influences the health and efficiency of the club member, not only while he is growing up, but during his prime of life and his old age. The quality of growth during club years has a very important effect on the physical inheritance which the club member hands down to his children.

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8. Foods necessary to good growth and development at all periods are: Milk, and cheese; the other animal proteins, meat, fish, poultry; fruits and vegetables; butter; whole grain breads and cereals, water.

Note: At this point check with the 4-H Ration score and work with the club on:

- a. Improvement in food habits needed by the majority of members.
- b. Food habits to be improved by individual members.
- c. Planning daily meals and school lunches so that enough of the essential foods are included.

9. Good health habits also are vital to growth and development during adolescent years, and are very important to good health and resistance to disease in later life. These habits include sleep, rest, regularity of meals, out-of-door exercise, exposure to sunlight, and muscle training for good posture.

10. Purpose of 4-H Health Contests.

Local, State, and national 4-H health contests were organized:

1. To select as object lessons club members who illustrate the fine quality of development possible when good heredity, good early growth, good food habits, the correction of defect and posture training occur in the same individual.
2. To interest members of local 4-H Clubs in improving their growth, nutritional condition, and posture.
3. To provide a "peg" upon which to hang information about good food habits, good health habits, the correction of defects, and posture training.

11. It is true that present State and national 4-H health contests are based on physical perfection, the foundations for which must be laid by good growth during very early years. However, no health contestant stands a chance of winning or even of reaching the upper ranks unless he has continued to build upon his fine early foundation.

12. It is expected that club members will not only take an interest in growth, good nutrition, and good posture for themselves, but also for their club as a whole, so that the club may become a group demonstration in how to grow fine club members.

